

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP NOTES

Stress, Stress Go Away



It seems like stress has become a way of life. Whether a day-to-day stressor like rush-hour traffic or long lines, a social stressor such as getting married or divorced, or a work stressor like uncertainty or deadlines, it's all around us. Stress is a term used to describe the body and mind's reaction to everyday tensions and pressures. Most people can cope with the minor stressors, however too much stress can increase pain, susceptibility to illness and emotional problems.

The good news is that stress relief is available. Consider one or more of the following alternatives.

Exercise. Regular exercise provides an excellent opportunity to recharge and invigorate your body with an extra intake of oxygen and release of muscle tensions. Bored of the same old routine? Try Tai Chi, a Chinese form of coordinated body movements focusing on the cultivation of internal energy, or Yoga which benefits include release of tension and increased coordination between mind and body.

Spoil your Senses. Try Aromatherapy, the vapors of essential oils are inhaled and carried to the bloodstream, the nervous system and to the parts of the brain that control the release of hormones and emotions. You can also benefit from the visual imagery of meditation. It helps bring you to a happy place by gradually reducing the stream of stressful thoughts arising in your mind.

Take a Time Out. When you're feeling tense, take a few minutes for yourself just to relax and breathe.

You are what you Eat. Although it may be easier to grab fast food when you're under a time crunch, a healthy and well-balanced meal is the answer. A meal with plenty of fresh fruits and vegetables can leave you stronger to face whatever life throws at you. Make sure that you're not only getting proper nutrition, but plenty of sleep as well.

Organize your Time. If time management is causing your stress, evaluate how you budget it and make a weekly schedule. The key is to follow it.

Talk About your Problems. Talking about the stressors in your life can help to lighten the load. When you need a trustworthy listener, contact your Best Care EAP. A professional counselor is available to help. For a confidential appointment, please call **(402) 354-8000** or **(800) 666-8606**.

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